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**Arif Ibrahimli,**

Associate professor of the Azerbaijan  
State Academy of Physical Education and Sport.  
Baku, Azerbaijan.

 <https://orcid.org/0009-0005-3768-9491>

[arif.ibrahimli@sport.edu.az](mailto:arif.ibrahimli@sport.edu.az)

## **THE IMPORTANCE OF WORK ON METHODS OF EDUCATION WITH TEENAGE FOOTBALL PLAYERS**

**Abstract.** The article talks about the specific features of the work carried out on education methods with teenage football players in secondary and secondary specialized schools, the possibilities and ways of applying those methods. The article also analyzes the theoretical basis of the specific features of work on persuasion methods with teenage football players and provides information on the practical basis of those specific works. In the directive documents on education reforms carried out regularly and successfully continued in the Republic of Azerbaijan, it is of great importance to turn the work done on the formation of physical education of the grown generation into the object of the research. Research on the development of Azerbaijani football is of even greater importance among such pressing problems. In this sense, it is considered important to make scientifically, pedagogically and methodically justified generalizations about the specific features of the work carried out on the methods of persuasion with teenage football players. As it is known, in order to prepare teenage football players for the training process and competitions, first of all, it is necessary to approach them pedagogically and psychologically correctly. Therefore, first of all, it is important to believe in the victories that will be achieved in the training work with teenage football players. Then it is considered more expedient to create such a model of persuasion and correctly determine the pedagogical and psychological foundations of this model.

**Keywords:** teenage football players; methods of persuasion; methods of habituation; methods of appreciation and punishment; psychological approach; psychological preparation; problem situation; sports motivation; evaluation; technical preparation; tactical preparation; control.

## **INTRODUCTION / ВСТУП**

**Formulation of the problem.** The physical education system in Azerbaijan is developing using various means, including physical movements, gymnastics, tourism, natural factors and hygiene measures. In addition to these activities, various games play an important role in the development of physical education of athletes. One of the issues of serious importance in sports activities is the relationship between coach and athlete, especially mutual influence. In psychological studies, a psychological analysis of such influences in the process of competition was carried out, its main tasks were determined, its functional structure, as well as informative aspects, were noted. In this sense, although the coach-athlete system is viewed as a unique management system, the coach is viewed as a subject and the athlete as an object. Thus, the task of management is to direct the tactical and technical actions of the athlete, influence his mental state and behavior in general. The effectiveness of management, the implementation of a competitive activity program, the introduction of changes, the dynamics of the athlete's psyche, a complete understanding of the coach-athlete relationship, and finally, the overall result and achievement of sports achievements are ensured by the mutual influence of the coach and the athlete making conscious efforts.

Provided that technical training classes conducted with young football players served to ensure their physical training, including strength. This means that the technical and tactical training of young football players has a dynamic impact on their overall development.

No matter what technique, speed and tactics a football player has, without physical training, especially strength training, he will not be able to achieve significant success [2, p. 41].

In the process of implementing such preparatory work, the participation of young football players of the required level should be assessed by coaches. Therefore, among the recommendations given to young football players, recommendations and advice on improving strength qualities are of particular importance.

The ability to exert the influence of muscle tension on external resistance or its force is called strength qualities. These qualities are necessary for football players in order to, within the rules of the game, fight with an opponent one-on-one, accurately and powerfully pass the ball to a teammate or score it into the goal.

Thus, the targeted education of teenage football players has a dynamic impact on their physical development, as well as on the formation of their moral

and spiritual qualities.

Punishment is considered one of the educational methods used in training young football players. It is also considered appropriate to punish young football players who do not accept the comments of coaches, do not follow their advice, do not continue the training process regularly and violate other rules. In scientific pedagogy, punishment is assessed as a process that occurs when the moral qualities associated with behavior are incorrectly regulated. Punishment is applied when indiscipline among young players is more pronounced. Cases of indiscipline among young football players can arise for various reasons. Some of these reasons manifest themselves in secondary schools, where young football players study, and the other part is due to the lack of moral qualities associated with behavior in sports and football schools.

**Analysis of major research and publications.** E. Gasanova [6], A. Agaliyev [6] and others note in their research that psychological preparation is a complex plan of action carried out by the psyche of an athlete. It is known that the main component of the mental state is the nervous system. Because the nervous system is more sensitive than other systems, such as muscles, heart, blood vessels, and respiratory systems. At this time, it can be noted that all other systems can be coordinated, controlling the nervous system and mental state. Therefore, it is impossible not to take into account psychological preparation and self-confidence when preparing athletes who want to show high results. These and other problems are also reflected in the works of such scientists as: R. Gayibov [3], G. Garayev [2].

Based on the above, we can conclude that all specialists working with young football players should learn all the ways to treat them psychologically. In such cases, it is possible to deeply study the psychological state and willpower of each of the young players. In this case, it is considered important for football managers, along with coaches, to learn the secrets of psychologically correct treatment of players.

The concept of psychological state and voluntary qualities presupposes the active activity of the athlete, coach and manager in the formation of mental processes and personality qualities that are important during competitions. The conducted research once again proves that psychological training is also one of the important factors that have a positive effect on the effectiveness of physical, special, theoretical, tactical and technical training. Unfortunately, at present, in the general training and psychological preparation of an athlete, the pedagogical activity and the skill of the coach are neglected.

In his works, F. Sadigov [5] notes that in very rare cases, psychological and

voluntary qualitative training is understood as the pedagogical activity of a coach who solves the issues of psychological training of an athlete. It can be noted here that in pedagogical activity, the presence of psychological knowledge of the coach is one of the main conditions for organizing the psychological training of an athlete at a high level. This is where the importance of self-confidence in mental preparation can be noted.

### **AIM AND TASKS / МЕТА ТА ЗАВДАННЯ**

The *purpose* of training should be considered as a pedagogical process aimed at improving health, improving physical and volitional qualities, technical and tactical skills of athletes.

Based on the purpose of training, in the process of training and improving the technique and tactics of football, the following main *tasks* are solved:

1. Improvement of motor and volitional qualities and skills.
2. Health promotion, all-round physical development.
3. Expansion of the functional capabilities of the athletes' body (respiratory, cardiovascular and other systems).
4. Achievement of a high level of individual and team preparedness and acquisition of skills for their implementation in the conditions of competition.
5. Achievement and long-term maintenance of high general and special performance.
6. Expanding knowledge in the field of sports, life sciences and instilling hygiene and self-control skills.
7. To cultivate diligence, discipline, consciousness, activity and, in particular, to independently master sports skills and manage their self-training.
8. Acquisition of in-depth theoretical knowledge and practical skills in the methodology of education and training, planning, control, recovery, organization of competitions, etc.

### **THE THEORETICAL BACKGROUNDS / ТЕОРЕТИЧНІ ОСНОВИ ДОСЛІДЖЕННЯ**

Football originated in Azerbaijan in 1911. At the beginning of the 20th century, a number of British oil companies operated in Azerbaijan. As the British mostly lived and worked in the Sabunchu district, the area became the center of Azerbaijan's football. The first football club was founded by the British. Later, local football clubs began to be created in the country. In 1912, the strongest football team in Baku was the Britannia club. Later, his place was taken by the "Sportsman" team. For the first time, the Britannia club took part in an

international game in 1912 and defeated the Sokol team from Tbilisi.

A new stage in the development of football in Azerbaijan began in 1914 after the establishment of the Baku Football Union. The governing body of the Union was elected, this body included representatives of the strongest football organizations, and the judiciary was created. This association held the championship of the city of Baku. The strongest teams in Baku are "Idmanchi", "Progress" and "22", and in the next two years – "Balakhani Football Players' Association" and "Sokol". He was the leader of Azerbaijani football during the years of "Balakhani Club Fahl" and "Progress". Until 1920, Progress was the champion of Baku and the best team in the Caucasus.

Football competitions for the championship of Azerbaijan were first held in 1928 on the occasion of the first holiday of the formation of Azerbaijan. 8 teams took part in the competition. They included the combined brigades of trade unions, the assembly brigades of "Dynamo", DTMV, Ganja, Guba, Nukhi, Zagatala. In this competition, the second team of the trade union took first place.

The second football competition for the championship of the republic was held in 1934 by the team of the second physical culture festival of Azerbaijan. The winner of the competition was the collective of trade unions.

Since 1934, football competitions for the championship of the republic have been held regularly (with the exception of 1941–1943).

The Azerbaijan Cup was established in 1936. Competitions for the cup are held annually, with the exception of 1941–1943.

The Baku Championship has been held since 1911. The Baku Championship was not held only in 1918–1919 and 1941–1943.

The Baku City Cup was established in 1936, and competitions for the cup were held annually, with the exception of 1941–1944.

The Azerbaijani national team "Neftchi" has represented Azerbaijan in the USSR championship (except for 1941–1945) since 1937, and the highest achievement was in 1966, when it took 3rd place and won a bronze medal. Before the collapse of the Soviet Union, the "Neftchi" team (since 1937) defended the honor of Azerbaijan in the USSR championships. AFFA (Union of Football Federations)

In July 1993, an AFFA delegation went to the 7th UEFA Extraordinary Congress. UEFA President Lennart Johansson and UEFA General Secretary Gerhard Aigner familiarize themselves with other rules and regulations.

In December 1993, a meeting of the UEFA Executive Committee was held in Istanbul. The Association of Football Federations of Azerbaijan has been accepted as a temporary member of UEFA.

AFFA representatives visited the United Arab Emirates. A long-term cooperation agreement between the federations of the two countries was discussed and signed. Such an agreement was concluded between AFFA and the regional federations of Tabriz in Iran.

In January 1994, the Azerbaijani delegation took part in the draw ceremony for the European Championship-96 in Manchester, England. For the first time in the history of the republic, the independent national team of Azerbaijan won the right to participate in the European Championship.

In accordance with the cooperation agreement between the Turkish Football Federation and AFFA, a delegation of the Turkish Football Federation arrived in Baku to provide direct assistance to Azerbaijani football. They gave practical advice to the coaches and had conversations with them.

In May 1994, the delegation of Azerbaijan went to Vienna to participate in the XXII UEFA Congress.

AFFA was solemnly admitted to UEFA.

In June 1994, the Azerbaijani delegation went to Chicago (USA) to participate in the 49th FIFA Congress. The National Association of Azerbaijan has been solemnly admitted as a member of the International Football Federation.

Finally, on December 29, 2003, the next VI reporting and election conference of AFFA was held. With 26 votes, the president of "Neftchi" Football Club Ramiz Mirzayev was elected as the new president of AFFA. Later, 12 members of the new executive committee of the organization were chosen from 25 members.

Rovnag Abdullayev has been the President of AFFA since 2008.

The Football Development Program (2005–2015), approved by Presidential Decree No. 1038 dated October 10, 2005, gives a great impetus to the development of football.

In the direction of the implementation of this Program, large works and successful projects are being implemented in the cities and regions of our Republic. As a result, a healthy lifestyle is formed, household and sports skills are formed.

In sports, as in any activity, motives are considered to be the driving force. In psychology, a motive is a cause or force that directs and induces people to a particular activity. Motives are various interests, desires, drives, ideals, goals, etc. If the idea of an activity is determined, what a person wants to do, what he wants to achieve, then the motive shows why he is doing it, what he wants to achieve. But motives may either not be understood by people, or they may be

only partially understood. These related motives are called motivations. However, there may be decisive or differentiated motives in the pursuit of motivation. The strength and stability of motives depend on the spiritual and moral qualities of a person, purposefulness, high activity and productivity of his activity.

Thus, it is considered important to properly motivate the learning process of training young football players. Because instilling training methods in young footballers also develops their way of thinking. In fact, the sharpness of each footballer's mindset makes him successful on the field. Because when receiving the ball, passing it to a teammate, colliding with a goalkeeper or shooting from an 11-metre distance, young footballers use their thinking abilities in all situations.

In the pedagogical literature, it is noted that some of the reasons for the indiscipline of students are associated with shortcomings in the behavior, activities and methods of work of members of the teaching staff, as well as with shortcomings in the organization of the educational process at school. These include such facts when a teacher, class teacher or a school employee deviates from pedagogical ethics in relations with students, allows inappropriate actions, demonstrates indiscipline in his activities, incorrectly assesses the behaviour of children, does not skillfully apply methods of punishment and encouragement in educational work, shows indifference to pedagogical conditions, resorts to anti-pedagogical means of influence that insult the personality of the student use offensive words and nicknames, thereby allowing injustice.

It is also considered important to identify such facts and correctly determine the ways to eliminate them. It is believed that the members of the teaching staff who manage young football players are unfair, turn a blind eye to indiscipline, give preference to dry and empty advice, are late for training and are the causes of indiscipline. To eliminate such shortcomings, it is useful to use methods of monitoring the educational process, including physical education.

Among the educational methods, methods for monitoring and evaluating the work done are of great importance. Because this process is considered to be the end of a kind of educational work. Parents, educators, leaders of the educational process, public organizations and even law enforcement officers should purposefully, systematically and in an organized manner monitor educational work and objectively evaluate its results.

In this case, a relationship is formed between young players and their coaches. In fact, it is important to study the psychological foundations of the relationship between young athletes and their coaches.

All this depends on the correct structure of educational work as a whole. In other words, when applying educational methods in the training of young football players, one of the main factors is their psychological preparation for training and competitions. As it was noted, in the process of each activity of young football players, they need to be properly motivated, guided and motivated to the appropriate sport, including football.

It should also be noted that, like all activity, analysis and synthesis, and indeed mental activity in general, always follow from the definite needs of the individual. If there is no demand, there is no production activity. In the study of thinking or any other psychological process, the science of psychology takes into account what needs and motives push a person to cognitive activity, under what specific conditions he has a need for analysis and synthesis, and studies it to a single extent. In contrast to psychology, formal logic does not take into account not only the interaction of thought with sensory perception, but also the interaction of mental activity with needs, motives, and emotions. "Pure" thinking is thinking in itself, that is, not an intellectual process, but a person with certain abilities, feelings, and needs, an individual, a personality.

That is why it is considered appropriate to take into account their thinking style and cognitive interaction, as well as their needs and motives, their interaction with emotions, their abilities, the level of their giftedness and talent, using existing educational methods for the formation of adolescent football players as individuals.

One of the most characteristic features of modern sports is a significant increase in the volume of training loads and the fight against high levels of psychological stress. Since the problem of personalizing training loads depends on age, gender, sports specialization, and somatotype of adolescents, its study is distinguished by its modernity, relevance and lack of practical research. This problem is more popular among children and adolescents and is a major part of the emotional and motivational part of their behavior. These sports include "the most beautiful game" – football. The game of football includes a unique pattern of motor activity, the successful implementation of which determines the functional state of the central nervous system. Since new data are needed to systematize the functional, physical and adaptive capabilities of children and adolescents, it is necessary to summarize the results obtained during the critical period of development of the body of boys training in football teams. Football training for children and adolescents is considered a very suitable model for studying the physical performance of adolescents and their adaptation to the demands placed on them. The use of multiple testing, training and competitive



loads in the early stages of training young football players optimizes medical and biological control. As a result of summarizing scientific, methodological, research works and opinions of specialists working in this field of football, it was established that it is very important for children's and youth football players, taking into account their physiological development, to exercise comprehensive control over their body.

Determining a suitable (sensitive) period in the development of physical qualities and creating conditions for their development lays the foundation for achieving high sports success and has a positive effect on improving sportsmanship. So it is with football, organizing medical monitoring of the level of ontogenetic development of children and adolescents involved helps to monitor their morphofunctional state and plan the training process. However, since the dynamics of how the morphofunctional indicators of children and adolescents change under the influence of applied physical activity are not fully reflected in the available literature, the solution to the problem under study becomes even more urgent.

Existing literary sources put forward some ideas about the influence of football training on the growth and development of children and adolescents aged 8–10, 11–12, 13–15 years, work ability, and highlight issues related to adaptation. It should be noted that it is very important to study the influence of football training on the somatic development of children and adolescents, the formation of physical qualities and motor skills, and this is confirmed by the results of numerous studies. Since the determination of physical development, performance, morphofunctional indicators of young football players of all age groups and the influence of football training on them has both practical and theoretical significance, this provides grounds for making certain adjustments to training programs, based on the general laws of age-related physiology.

The influence of football training and standard physical activity on the body of football players aged 10–15 years on development, performance and adaptive capabilities was comprehensively studied. Using separate training programs, morphometric, physiometric and functional indicators were determined during the training of football players and the results obtained were compared with the results obtained from their peers. The physiological characteristics of the exercise programs used are given. In order to monitor the progress of adaptation to the applied physical activity, it was established that there is a direct correlation between the determined activity of catalase and  $\alpha$ -amylase, which is the main antioxidant enzyme, lipid peroxidation and increased sportsmanship.

Since the morphofunctional changes that occur in the process of adaptation to physical activity in young football players are of a different nature, it is very important to select the appropriate age period and training load for optimal adaptation. The obtained indicators can be successfully used both in the selection of physical activity and in their dosage.

### **RESEARCH METHODS / МЕТОДИ ДОСЛІДЖЕННЯ**

In the process of training young football players, the following four methods were mainly used: playful, conjugated, repeated and competitive.

### **RESULTS OF THE RESEARCH / РЕЗУЛЬТАТИ ДОСЛІДЖЕННЯ**

Well-known scientists-pedagogues, taking into account the essence of the method of persuasion, noted that persuasion is the influence of the educator on the consciousness, feelings and will of the educated, in order to form and consolidate positive moral qualities in them and eliminate negative traits in their character and behavior.

In the scientific and pedagogical literature, methods of persuasion are classified in different ways. In some textbooks on pedagogy, these methods are classified under 5–6 headings, in others under 7–8 titles. In one of the latest sources, i.e., in the textbook "Pedagogy" published by Professor F. Sadigov, the methods of *persuasion* are classified as follows:

- by precept
- with exhortation;
- by persuasion;
- by explanation;
- by providing recommendations;
- through face-to-face conversation;
- through participation in lectures, discussions, and debates [5].

Such methods of persuasion are considered more appropriate to use in the course of training work with young football players or during the training process.

After all, by applying methods of education, you can achieve great success in training and educational activities carried out with teenage football players. For example, it is considered necessary to persuade them to win by persuasion, to train them seriously by rewarding them for success in exercises and competitions, and by punishing them for wrong actions. In addition to all this, it is necessary to use methods of monitoring educational work in a purposeful, systematic and organized manner.

In order to maintain the success achieved after the application of persuasion methods, the use of teaching methods can be encouraged. In the pedagogical literature, these methods are classified in different ways.

Induction methods are also considered to be methods that are predominantly focused on the organization of activities and the formation of behavioral experience. These methods can be categorized as follows:

- teach by observing the regimen;
- accustom them to socially useful work;
- by submitting a request or demand;
- by giving instructions;
- by creating educational situations;
- by appealing to public opinion;
- giving a task and showing trust;
- involvement in amateur activities and sports games.

## **CONCLUSIONS AND PROSPECTS FOR FURTHER RESEARCH / ВИСНОВКИ ТА ПЕРСПЕКТИВИ ПОДАЛЬШИХ ДОСЛІДЖЕНЬ**

Naturally, adherence to the regime of young football players improves the mood and increases the determination to win. Accustoming young football players to socially useful work ensures that they acquire physical perfection. In this regard, it is considered very useful to establish the most important and necessary requirements for young footballers. Therefore, you can get used to the regime, putting forward requirements for young players.

It is considered important for young football players to follow the orders of the management. To do this, it is necessary to create a problematic situation. In this case, young football players have the opportunity to appeal to public opinion. This ensures that they are prepared for competitions and trainings by giving them tasks and showing confidence.

Methods of reward and punishment are also called methods that stimulate activity and behavior. In order to properly regulate the behavior and activities of children, it is necessary to stimulate their good deeds and correct their unpleasant ones. It is important to praise children for good deeds and punish them for bad, abnormal behavior. Therefore, it is necessary to regulate by appropriate methods those actions that stimulate activity and behavior. In the first case, it is necessary to appreciate, praise, encourage and reward adolescent students for their good deeds, in the second case, it is considered appropriate to reprimand, in a word, to punish them in order to correct wrong actions.

As noted above, it is very useful to take appropriate measures to regulate

actions that stimulate the behaviour of young footballers. Because all the exemplary actions of teenage football players are observed and regulated. In this process, it is considered necessary to determine the motives of sympathy. In general, the study of the motives of activity has a positive effect on the formation of moral qualities of a person, including adolescents. Therefore, it is necessary to correctly identify the appropriate motivational elements when promoting young footballers.

The study of motivation in athletes takes place not only from the point of view of understanding, but also in the process of developing moral qualities, individual psychological training, and improving sports skills.

**Prospects for further research in this direction.** Consequently, motives are closely related to the goals of action. Also, motives can be fully compatible with the purpose of the activity. In such cases, the efficiency of the activity is usually particularly high. However, there may be a greater or lesser difference between motive and purpose. As a rule, this has a negative impact on the effectiveness of activities. Such consequences can be stronger if the motive and purpose are inadequate.


Thus, the correct determination of the sports motivation of teenage football players has a positive effect on the regulation of their relationship with coaches.

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## **ВАЖЛИВІСТЬ РОБОТИ НАД МЕТОДИКАМИ ВИХОВАННЯ З ФУТБОЛІСТАМИ-ПІДЛІТКАМИ**

**Ібрагімлі Аріф Мухаммед огли,**  
доцент Азербайджанської державної  
академії фізичного виховання і спорту.  
Баку, Азербайджан.

 <https://orcid.org/0009-0005-3768-9491>  
[arif.ibrahimli@sport.edu.az](mailto:arif.ibrahimli@sport.edu.az)

**Анотація:** У статті йдеться про особливості методичної роботи з виховання футболістів-підлітків у загальноосвітніх та середніх спеціальних навчальних закладах, можливості та шляхи застосування цих методик. У статті також проаналізовано теоретичні основи особливостей роботи з методами переконання з підлітками-футболістами та наведено інформацію про практичні основи цих конкретних робіт. У директивних документах з реформування освіти, які регулярно проводяться і успішно продовжуються в Азербайджанській Республіці, велике значення має звернення роботи з формування фізичного виховання підростаючого покоління в об'єкт дослідження. Серед таких актуальних проблем ще більше значення мають дослідження розвитку азербайджанського футболу. У цьому сенсі вбачається важливим зробити науково, педагогічно та методично обґрунтовані узагальнення щодо особливостей проведеної роботи з методами переконання з підлітками-футболістами. Як відомо, щоб підготувати футболістів-підлітків до тренувального процесу та змагань, насамперед, необхідно правильно підійти до них педагогічно та психологічно. Тому в тренувальній роботі з футболістами-підлітками, насамперед, важливо вірити у ту перемоги, яка буде досягнута. Тоді вважається більш доцільним створити таку модель переконання і правильно визначити педагогічні та психологічні основи цієї моделі.

**Ключові слова:** футболісти-підлітки; методи переконання; методи звикання; методи оцінки та покарання; психологічний підхід; психологічна підготовка; проблемна ситуація; спортивна мотивація; оцінка; технічна підготовка; тактична підготовка; контроль.

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